

# FOOD FACTS



## Talking of Points Changes...

### FOUR EXTRA POINTS from April 2nd

Starting on April 2nd, the C coupon will be increased to 3 points. A and B coupons, as before, will be 1 and 2 points respectively. The total number of points for the 4-week period will therefore be 24. (No change in personal points.)

#### How these extra points can eke out the meat

Four extra points per ration book — how can you use them to best advantage for your family? One of the best ways is to let them help out your meat ration. In addition to first-class “builders” like canned meat and canned fish, there are others to be had in the form of dried peas and beans. Although the scientists call these “second-class” builders, their food value when eaten along with meat is increased almost to that of meat itself. Dried peas and beans cost very few points. See that your shopping list includes them regularly.

#### To get best results with dried beans and peas

Here are some hints for getting best results when cooking them:

Haricot beans and dried peas should be soaked in hot water overnight before cooking. If they are very hard, put 2 level teaspoonfuls of bicarbonate of soda to 1 lb. of beans or peas in the soaking water. The peas or beans should be cooked in the soaking water. Don't throw away this water after cooking — it is excellent for making gravy or putting in soups or stews.

Dried peas and beans make a delicious addition to either meat or vegetable stews; and they're grand as a separate vegetable, too.

Here is a recipe using haricot beans which is worth cutting out for your kitchen scrap-book:

#### BEAN RISsoles

3 oz. haricot beans (6 oz. cooked); 1 oz. margarine; 1 oz. breadcrumbs;  $\frac{3}{4}$  oz. flour; 1 onion or leek chopped; 1 tablespoon chopped parsley; salt and pepper; milk to bind; a little fat for frying. Soak beans overnight. Next day cook till tender in the soaking water; strain. Melt margarine and add all other ingredients. Mix well and add enough milk to make a fairly stiff mixture. Shape into rounds and roll in breadcrumbs or flour. Fry in hot fat until brown.

**CHILEAN GREEN LENTILS:** from April 2nd, these are no longer on points

THIS IS WEEK 37 — THE FIRST WEEK OF RATION PERIOD No. 10 (April 2nd to April 29th)

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#### CANNED MARMALADE

Imported canned marmalade goes on points from April 2nd. 1 lb. 4 points; 1  $\frac{1}{2}$  lb. 6 points; 2 lb. 8 points. This means that you can get it only on points, and not on your Preserves coupon.

#### DOUBLE JAM AFTER APRIL 30th

The preserves ration is to be doubled temporarily from April 30th. It will still be possible to take sugar in place of preserves or vice versa, but at the rate of 1 lb. of preserves for  $\frac{1}{2}$  lb. of sugar instead of 1 lb. of preserves for 1 lb. of sugar as at present.

From April 30th each weekly sugar coupon and each four-weekly P. and R. coupon (total 6 in each period) can be used to buy either  $\frac{1}{2}$  lb. of sugar or 1 lb. of preserves. This means that although you won't be able to get any more sugar than before, you will be able to buy twice as much preserves.

#### No more buying in advance

As from April 2nd, you can spend your sugar and preserves coupons only during the four-weekly period to which they apply. It will no longer be possible to buy these foods “in advance.”

#### EAT YOUR OWN SHARE OF CHEESE

Starting on April 2nd, the cheese ration is 2 oz. a week instead of 3 oz. This makes it more than ever important to see that each member of the household gets his or her own share. It doesn't matter whether you use it plain or cooked, as long as it's “equal shares” for everyone.

**NOTE ABOUT POTATOES:** You may have noticed that the potatoes in the shops are smaller now. These are usually in good condition and can be boiled in their jackets (after scrubbing) to save peeling. This method keeps in the Vitamin C and makes them more valuable as a food. They taste delicious this way, too!

**The Ministry Of Food.**

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